

The Kentucky Commission on Community Volunteerism and Service

The Cabinet for Health and Family Services



The Heartline

T a k i n g t h e p u l s e
Covering volunteerism and service throughout the commonwealth

This Quarter: Governor's Awards 2004 (cover) - Nancy Macduff training scheduled (cover) - Volunteer Recognition (pg. 3) - The Healing Place (pg. 3) - Young Volunteer leads way in his community (pg. 4) - CERT Training (pg. 4) - Writing an award winning nomination (pg. 5) - KY teens win national award (pg. 5) - Watershed Watch Program (pg. 6) - Commissioner Spotlight (pg. 6) - Application process for AmeriCorps (pg.7)

Appointment of new commissioner

Marla J. Montell, of Shelbyville, was appointed by Governor Ernie Fletcher in May of this year as the Commissioner of Human Support Services, a department within the Cabinet for Health and Family Services. The Department for Human Support Services oversees five offices that are vital to the Commonwealth which includes the Kentucky Commission on Community Volunteerism and Service.



Commissioner Montell has a Bachelor of Science degree from Western Kentucky University in Health Care Administration as well as three years of pre-medical studies program. For the last six years she has worked in pharmaceuticals as the Senior Hospital Territory Manager for Bristol-Myers Squibb Company. The Commissioner developed and coordinated all aspects of the Barren River Ombudsman program and served as the Ombudsman from 1983 until 1986. As the Ombudsman she implemented and supervised volunteer programs for the ten-county area and worked with the residents, families, and staff of the twenty-seven long-term care facilities and home health programs within the multi-county BRADD area.

Governor's volunteer awards

We are now planning for the 2004 Governor's Volunteer Awards. The awards ceremony this past year was changed from December to April so we are almost ready to send out the 2004 nomination forms! This will go in the mail the end of next month to be returned in October.

In this newsletter we have offered some tips for nomination writing. (Incidentally, the same kinds of skills and attention to detail are also used for grant writing). We want to honor our volunteers but cannot do it without your nominations. As soon as you receive the 2004 form, please take the time to fill it out. Kentuckians volunteer well above the national average. This is an opportunity to tell them. "Thank you".

- Eileen Cackowski

July 2004

Nancy macduff training scheduled

The "Recruit, Strengthen, Value and Energize Volunteers" training session will be held at the Holiday Inn Capital Plaza in downtown Frankfort, KY on Thursday, September 21. Call (800)239-7404 to inquire. Registration is required.

The following is a description of the day's classes:

9:00 a.m. - 10:30 a.m.

Finding Folks in the "Hills:" Tips on Rural Volunteer Recruiting – Looking for volunteers in rural areas? This session engages participants in identifying strategies to enlarge the pool of volunteers who live in rural areas.

10:45 a.m - 12:15 p.m.

Program Strength Through Effective Leadership: How To Get There? - This workshop describes a process by which programs can build a sustainable base by recruiting and developing leaders who stay. Go home with a multiple year plan to build effective leadership.

1:00 p.m. - 2:30 p.m.

The Value of Volunteers: Turning Value Into Profit
Knowing the value of volunteers to a program is essential to future growth. Funders are bombarded with requests to fund deserving programs. Measuring impact of volunteers makes a powerful statement that can be used in reporting to existing funders or seeking new ones. Learn what to measure and how to do it.

2:45 - 3:30

Keeping Your Energy Up--Self Motivation as Leadership Tool – Cutbacks. Limited funds. Regulations. Accountability...makes one want to work in another type of organization. Attend this workshop to learn how leaders of voluntary groups keep their energy up to continue providing service, organizing volunteers, and face the future with optimism.

3:45 - 5:00

One-To-One Consultations
Burning Questions? Nancy Macduff provides one-to-one consultation on specific issues for groups who sign up. 15 minutes per time slot. Come with questions and get

"Getting Things Done in Kentucky"

Corporation for NATIONAL & COMMUNITY SERVICE



Throughout the newsletter are small bits for your enjoyment.
Keep an eye out for them.



The happy dancing man is always accompanied
by a "funny." Lighten your mood a little with a
short joke.



This thinking man is followed by wise witty words
from many sources. Allow him to engage your mind.



This is accompanied by a brain teaser. Go
ahead, see if you can catch the solution.



This icon indicates that interesting statistics
follow. It also begs the question: are all things
number? From the philosophy of Pythagoras
who said, "all things are number."

TABLE OF CONTENTS

Title	Page
Governor's Awards 2004	Cover
Nancy Macduff training scheduled	Cover
Volunteer Recognition	3
The Healing Place	3
Young Volunteer leads way in his community	4
CERT Training	4
Writing an award winning nomination	5
KY teens win national award	5
Watershed Watch Program	6
Commissioner Spotlight	6
Application process for AmeriCorps	7



Who we are

KCCVS COMMISSIONERS

Pat Hargadon – Chair
Lee Nimocks– Vice Chair
Mark Leonard – Treasurer
Jana Sturm – Secretary

Doug Adams	Nelda Barnett
W.C. Corbin	Ken Culp III
Alan Engel	Marty Hammons
Marlene Helm	Ken Herndon
Ray Nelson	Laura E. Owens
Karen Schmalzbauer	Alan Taylor
Anne Higgins	Miguel Carlin
Phyllis Culp	Cicely Lambert
Willie H. Lile	Betsy Wells

KCCVS STAFF

Eileen Cackowski – Director
Andrea Sieloff – Program Officer
Carrie Bryant – Administrative Specialist
Karen Asher – Youth & Access Programs Coordinator
Marzelle Wurtzsmith – Financial Officer

KCCVS mission

To promote all Kentuckians working together to meet
actual community needs in a way that fosters personal,
family and community pride and an enduring ethic of
service.

Did you know...

- Leonardo da Vinci could write with the one hand and draw with the other simultaneously
- The 17th-century French Cardinal Mazarin never traveled without his personal chocolate maker
- Mammoth Cave is the world's longest cave and was first promoted in 1816, making it the second oldest tourist attraction in the United States. Niagara Falls, New York is first
- The first American performance of a Beethoven symphony was in Lexington in 1817
- In the war of 1812 more than half of all Americans killed in action were Kentuckians

Volunteer recognition

KYREADS, an AmeriCorps program in Western Kentucky, told us how they recognized their volunteers this year.

With a fun and inexpensive goody bag, KYREADS was able to show each volunteer how appreciated they are.

Fill a Ziploc bag with the following candies:

Lifesavers, Hershey's Hugs, Extra chewing gum, Nestle Treasures and Nestle 100 Grand bars.

Attach a card to the bag with the following:

THANK YOU!

Volunteers are "LIFESAVERS" so please accept these "HUGS" for going the "EXTRA" mile in your gift of time to the children being served in KYREADS. You are a "TREASURE" to us! You have made a difference! THANK YOU from the staff and AmeriCorps members at KYREADS. You're "GRAND"!

Change the wording to suit your organization.

- Idea submitted by Shannon Bailes
AmeriCorps Program Director

the healing place

Our men and women finish their recovery program and then they come to us with a request to move into what we call "assistant staff", sometimes we have to turn people down, usually because our positions are full, or because the client has a financial obligation that won't wait. However, I get goosebumps sometimes when I think of all of their responsibilities, and how graciously they do their "giving back". They begin every morning at 8:15 with a morning meeting where they begin their day with prayer and meditation. They then get their assignments for that day, and sometimes this is where differences are aired.

They teach recovery dynamics classes, some in this facility, some in a different location, depending on their assignment. The best part of their position is that not only do they help the newer client, they also continue to learn and grow in their own recovery process. They teach classes in two locations, and usually with 2-3 subjects (group sessions of the Kelly Foundation's recovery dynamics). They have to deal with every type of person that you can imagine, from totally homeless and helpless to some that know everything, and don't really need our help. They deal with others who have lost their ability to live a "normal" life, many of them no longer able to work, pay bills, or raise their children, some so deeply devastated that they can barely get out of bed, bathe, comb their hair and dress for facing the day. Our folks are swallowed

up in the abyss of the worst kinds of addictions. The challenge for assistant staff is to spark a ray of hope, that the men and women are able to hold on to and build on. It is a very simple concept of one alcoholic addict sharing their experience, strength and hope to help another pick themselves up from this horrific malady.

Unlike other positions at The Healing Place these men and women are the very "heart" of the program, in short most of us could be replaced, but the assistant staff are really a vital piece to the miracles of recovery that happen here. It may be that at 4:30 their day is complete and they go their own way to take care of themselves, but we really never know, and sometimes they may get a call to do an "angel visit" which is in essence a hospital visit to talk to someone that has hit a desperate spot and needs a glimmer of hope. They take time out to visit and share again their experience, strength and hope. The program produces many miracles, and it is an awesome experience to be even a small part of the miracle.

The assistant staff is a completely voluntary position, and what I have seen happen is that as assistant staff, they become some of the best teachers, employee's, parents and people that you would ever wish for. What they receive in terms of their own process of recovery is phenomenal! When you run into them you will know them, as they have such a light in their eyes that you really cannot miss them. They always have a kind word, and a positive attitude to share, and a great deal of wisdom. They have, after all, seen some wondrous transformations of human lives, through this simple process of helping others. On a personal note I look forward to each day, and can tell you that they have each one been a gift to all of us at The Healing Place, and to our clients. I cannot say enough about what special men and women they are! They have an enormous amount of gratitude, and are always eager to help others.

I was in the program director's office at our men's campus the other day, and the topic of discussion was a young man (assistant staff) who carries the message wherever he sees that someone is in need, I thought what an awesome young man he was to be so completely devoted to helping others that it was now up for discussion! These are everyday events at The Healing Place, and it really doesn't get much better than that! I just wanted to recognize these men and women, as they really are the truest "spirit" of what we do in our efforts to reach the homeless, hopeless addicted that much of society has given up on. And the legacy lives on. It may not be the same men and women, but presently we have over 1500 alumni! Thank you for allowing me the opportunity to share about our very special volunteers that we call "assistant staff".

Pam Scott, e-mail pams@thehealingplace.org
1607 W. Broadway, Louisville, Ky 40203
502-568-6680 ,
Women's Detox 502-568-6680 ext 300
Men's Detox 502-583-0369
Main Number 502-585-4848.

Leading the way for his community

Bobby Tuohy is a young leader in every sense of the word. He is the valedictorian of his graduating class at Muhlenberg North High in Greenville, Kentucky. Throughout high school Bobby has received numerous awards and was recently accepted to Harvard University. Bobby is also active in many student organizations including Student Council, National Honor Society and the Kentucky Youth Association.



Along with his many achievements in school, Bobby is also dedicated to serving his community. He is active in many service activities including volunteering as a mentor with Big Brothers Big Sisters and leading the Community of Promise initiative in Muhlenberg County.

Gail John, Community Education Director in Muhlenberg County, describes Bobby as courageous, loyal, self-disciplined and full of integrity. Ms. Johnson has worked with Bobby on many community projects and says that, "Bobby has excellent leadership skills and that he has what it takes to positively impact those he comes in contact with."

- Stephanie Reynolds



MORE WALKING LESS TV

About 30% of new obesity cases and 43% of new diabetes cases could be prevented if people would just become more active.

Walking briskly at least 30 minutes a day and limiting TV-watching to less than 10 hours a week could do the trick. If you have trouble limiting your TV time, try parking a treadmill or stationary bike in front of the TV so you can do something active while you watch it.

- *Journal of the American Medical Association, Vol. 289*

CONTAGIOUS YAWNS

If yawning is contagious for you, you find yourself yawn when you see others yawn, it could mean that you are generally more sensitive to the feelings of others.

In a study of 65 students, 40% yawned when watching a video of yawning people. The "sympathy yawners" also turned out to be the same students who ranked highest on empathy tests, say researchers.

- *Research conducted by Drezel University and University of Albany, State University of New York*

CERT training put to good use

Darcy Driscoll attended his first CERT (Community Emergency Response Training) class in December. And that CERT training was put to good use on the night of Wednesday, January 14th. He used the triage, assessment procedures, closed head, neck and spinal injuries training to help save a local woman's life. Below is a short summary from Darcy's point of view.

Wednesday, January 14 Darcy Driscoll was driving home on Gunpowder Road where he lives about 10:15pm. He saw a car that had run off the road and overturned in Gunpowder Creek. He stopped; not knowing how long the car had been there. Darcy looked around that car but could not see anybody in the car. He thought maybe someone had been thrown out into the creek or surrounding area. A man that lived nearby came over with a flashlight both he and Darcy started searching around the creek and fields.

While the man was searching the creek Darcy went back to the car to search it again. He saw cloth sticking out from under the car and thought it was a pile of rags. He reached down to pick up the rags and discovered that it was a woman's coat and a woman's body was in it. The woman was face down underwater, trapped under the car. Darcy jumped in the creek and held her head up out of the water and kept her airway open being careful of her neck and spine. He said he specifically used the head hold technique for possible spinal cord injuries he learned in CERT Training. By chance, three Boone County Sheriff's Deputies happened to show up at the scene. Together the three Deputies and the local man lifted the car off the woman while Darcy held her head above water. Through careful teamwork, the men carefully removed her from the creek.

Darcy said the woman had life threatening injuries. Her jaw had been severely broken when it was smashed against the creek rocks. She had severe lacerations and he was afraid she might have severe neck or back injuries, so he tried to move her as little as possible.

On May 27, 2004 during the Kentucky Citizen Corps statewide kickoff event, Mr. Driscoll was presented with a Kentucky Colonel by Lt. Governor Steve Pence and a Citation of Appreciation through the Kentucky Emergency Management office presented by Executive Director of the Office for Security Coordination, Mr. Erwin Roberts.

CERT Training is free and the rewards are great. To be a part of CERT, call your local emergency management office or for more information visit www.kyem.dma.ky.gov.

Writing an award winning nomination

Nominators play a critical role in the nominating process. You cannot assume that because you are nominating a well known and respected person from your profession that those reading the nominating form will know this unless you accurately and personally convey that information. Here are a few tips I have learned to help me with the awards process.

1. Read the nominating form very carefully. Be sure you have adequately answered all the questions. It is especially sad to see a candidate eliminated because critical, required information has been overlooked or omitted. Go back through each question after you have written your response and be sure you have answered the question.
2. Always assume that the judge does not know your candidate. Also assume that the judge is reading multiple nominations and is looking carefully for the information required. Too much information can be as harmful as too little information. Don't make the judge read through wonderful, glowing language to find the real heart of the answer. Be direct and then support what you have to say with observation and fact.
3. Don't think you have to keep your nomination a secret or do it by yourself.... "Talk to your nominee. Ask them the questions and listen for information you can use to support your own thoughts and ideas. Call other colleagues and discuss the nominee with them. Call people that work for and with the nominee. Gather as much information and background as possible. Be accurate. Don't guess or generalize. Give specific examples to reinforce what you are saying."
4. "Organize your thoughts carefully and follow the nominating form. Personalize. Focus on key questions on the nomination form: detail accomplishments and their impact; describe leadership abilities; and, describe how the nominee has made a difference in the community through and with volunteerism."

"What makes this person outstanding? How have these accomplishments had an impact - on people, the community and the profession? Create a picture of your applicant. "What makes them stand out from all the rest?"

- continued
→

5. "...Describe unique characteristics that are more than just what a great or nice person this nominee is. Choose one or two qualities that make this person truly outstanding and then give specific examples. Talk about difficulties the nominee may have faced and how the applicant dealt with them. Share personal skills such as listening, teambuilding, collaboration, creativity, and professionalism."

To add to Mary's information, remember that your nominee must stand out. Getting "up close and personal" instead of giving general impressions helps. Let your nomination become a story about someone very special. Let the judges form mental pictures of the person and their service. Use words that help the nominee come to life on the page. So often, it is not the volunteer service that the nominee has given that leads to an award, but the way that service is presented in the nomination. Good Luck!

The preceding excerpts are from Writing Award Winning Nomination, Mary Merrill, LSW
(www.merrillassociates.net)

Kentucky teens win national award

Several students from Kentucky are among a select group of young Americans being named today as the nation's top youth volunteers for 2004, in the ninth annual Prudential Spirit of Community Awards. This is an extraordinary honor; more than 20,000 young people across the country were considered for recognition this year.

Danielle Miller and Whitten Montgomery, both of Louisville, have been selected as Kentucky's top youth volunteers for this year. As State Honorees, each will receive a \$1,000 award, an engraved silver medallion, and a trip to Washington, D.C., May 1-4 for the program's national recognition events. Four other students from Kentucky have been named Distinguished Finalists and will receive bronze medallions. Those four are *David Gruenewald* of Owensboro, *Allison Hammer* of Summer Shade, *Autumn McAfee* of Florence and *Katie Wilson* of Mount Sterling.

The Prudential Spirit of Community Awards, created by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), constitute America's largest youth recognition program based exclusively on volunteerism. The awards are designed to emphasize the importance our nation places on service to others, and to encourage young Americans of all backgrounds to contribute to their communities.

Congratulations to these outstanding young people.

Watershed watch program

For nearly a decade, volunteer water testers have been assaying the rivers and streams all across Kentucky. The Kentucky Watershed Watch is a trend-setting successful program. The volunteers have spent thousands of man-hours in the fields, often in the waters, sampling to learn the health of our water supply. It is striking to learn that Kentucky contains more flowing water than any other state in the nation except for Alaska. Our water resources are crucial in an age in which it is foreseeable that water shortages might become worse elsewhere. The cleanliness of that water is therefore important to preserve, but we can't work to preserve it if we don't know what it is.

Whereas on any one date the state's Division of Water might be able to put a dozen agents in the field, the Watershed Watch might have hundreds of testers. The volunteers submit themselves to a rigorous training program in which they begin to work with the real science of water dynamics, field chemistry, and laboratory protocols. The program does not 'dumb down' the science necessary for quality assurance. The tests are conducted in May, July, and September within each of the eight watershed areas: The Big Sandy, The Kentucky, The Salt, Four Rivers, Upper Green, Tradewater & Lower Green, The Licking, and The Upper Cumberland. Each Watershed Watch group was seeded by Division of Water support, largely due to the efforts of DOW's Ken Cooke.

After the first year, the volunteer-run steering committee of each group took on the management and financial responsibilities. Water tests require fresh chemicals and test kits, and there are laboratory fees for the more detailed analyses the groups sometimes request. They need funding to cover the costs of operations, and often seek grants and donations and affiliation with other groups with similar interests. Depending on the land use in the watershed, tests might look for agricultural chemical run-off, particularly corn and soybean herbicides, which can kill off the zoological life in the waters, or they might be checking for bacterial contamination due to animal or human population impacts, or they might be looking at trace minerals, metals, or other substances that might have a deleterious effect on water quality. Currently, for instance, Kentucky and surrounding states are under a fish consumption advisory—due to mercury contamination presumably resulting from coal-fired power plant emissions.

- continued
→



The Watershed Watch effort is eager to learn of waters that support full use—for aquatic life, boating and recreation, and swimming. The Watershed Watch teams give the data resulting from their tests to the DOW, which provides technical support for launching the bulk of it on the Internet, for anyone to use anyway they can. In many areas, this information has led to projects that have improved the water quality via work done by EPA agents, municipalities, and DOW staff.

Anyone interested in participating can contact Ken Cooke kywwp@igc.org at the DOW, or visit the Watershed Watch website: < <http://kywater.org/watch/> >.

Scott D. Vander Ploeg, Ph. D.
Professor
Humanities Division
Madisonville Community College
Madisonville, KY 42431
office: 270.824.8684 / fax: 270.821.1555
scott.vanderploeg@kctcs.edu

Commissioner spotlight

Miguel Carlin is currently serving as the Kentucky Youth Commissioner for KCCVS. As part of his duties Miguel is responsible for promoting the America's Promise and Americorps programs in Kentucky. He is currently working on starting a Kentucky Youth Council that will promote youth development across the state and will allow youth to be active participants in pushing for change in their communities. Miguel has been involved in many organizations over the years, such as 4-H, FBLA, Student Council and the National Honor Society.



Currently, Miguel is a student at the University of Kentucky majoring in Public Service & Leadership in Agriculture. He is involved in the Minorities in Agriculture Natural Resources & Related Sciences Chapter and the UK Ag Student Council. Miguel has been selected as Resident Advisor at UK to serve from August 26, 2004 to May 7, 2005. And he was an intern with Ken Lucas' Office in Washington, D.C. for 5 weeks this summer.

Miguel has received 2 awards from the University of Kentucky: The Otis A. Singletary Outstanding Sophomore Award for activities and leadership on campus and for extra curricular activities outside of campus and The Robert G. Sumwinkle Student Rights Award, nominated for work in disabilities and cultural affairs. In his free time he enjoys volunteering and attending UK basketball games.

Application process for AmeriCorps

During the month of November, KCCVS will visit 5 regions of the Commonwealth to explain the application process for new AmeriCorps programs. The day long informational and educational session will include a review of and tips on writing the application, writing and critiquing performance measures and understanding the electronic grant application process..

- Attending the session will not guarantee a program, but it will give you a step up on competitive programs across the country.
- **This application tends to be a little more detailed than other federal grants and we strongly suggest that you attend a session.**
- Before the sessions, we strongly recommend that you look at the AmeriCorps State website, especially the following:
<http://www.nationalservice.org/news/factsheets/03ACFactSheet.pdf>; http://www.nationalserviceresources.org/resources/online_pubs/index.php#program;

The meetings will occur in early November. We will put the dates, times and locations on our web site: <http://vounteerky.gov> or you may call for more information, 800 239-7404.

Promise fellows 2004 – 2005

Promise Fellows, Crystal Smith and Isaiah Muller, are pictured with Cabinet for Health and Family Services Under Secretary, Mike Fields (far right), and Commissioner of Human Support Services, Marla Montell (far left), during their training held on June 15, 2004.

Isaiah will be serving with Clark County's Community of Promise and Crystal will be serving in Cla County. Please look for more information from our Promise Fellows throughout the next year.



"Heroes may not be braver than anyone else. They are just braver five minutes longer."
- Ronal Reagan

"Pessimists calculate the odds. Optimists believe they can overcome them."
- Ted Koppel



Human Resource Lingo

- "Must be deadline-oriented"*
- You'll be six months behind schedule on your first day.
- "Some overtime required"*
- Some time each night and some time each weekend.
- "Must have an eye for detail"*
- We have no quality control.
- "Seeking candidates with a wide variety of experience"*
- You'll need it to replace three people who just left.

Make a difference day 2004

Make A Difference Day began with a simple idea: Put your own cares on hold for one day to care for someone else. Now in its 13th year, the nation's largest single day of volunteering has hit its stride.

For the 2003 annual Make A Difference Day Beef Stew drive, Kentuckians collected enough stew to feed 104,182 individuals.

This year's Make A Difference Day will be on Saturday, October 23, 2004. Start planning your projects now. *Can we possibly feed 120,000 portions of beef stew this year?*





WHATS ON OUR CALENDAR?

July/august/september

July 14th	Program Director's Meeting
August 21st	Getting Things Done for KY's Homeless – Celebration of Service
August 27th	GRADD Senior Corps – Celebration of Service
Sept 6th	Labor Day
Sept 11th	Patriot Day
Sept 22nd	First Day of Fall
Sept 28th-30th	AmeriCorps Launch
Sept 30th	KCCVS 10th Anniversary Luncheon
October 23rd	Make A Difference Day 2004 (Be thinking about your Beef Stew collection)

KCCVS

275 E Main St.

Mail Stop 3W-C

Frankfort, KY 40621

Phone: 502-564-7420

Fax : 502-564-7478

Toll Free: 800-239-7404

E-Mail: kccvs@ky.gov

Website: <http://volunteerky.ky.gov>



Next issue

- Highlights from Launch
- Make A Difference Day 2004
-



The Kentucky commission on community
volunteerism and service

The cabinet for families and children

275 East Main Street

Mail Stop 3W-C

Frankfort, KY 40621



**AmeriCorps is celebrating 10
years of service in Kentucky!**

